



P A B U Z Z

...Wired into our Community

Michael Jackson Tribute Concert

The Michael Jackson Tribute Concert was a huge success. Navi was a true showman. Not only did he perform classic Michael Jackson hits, he also entertained us with his quick witted humour. Thank you to all the parents who kindly helped us on the day and a big thank you to Dan for his technical support.

May 2010

Events & Announcements

Quiz Night

Sat, 19 June 2010

Cake Sale and Mufti Day

Fri, 2 July 2010

Uniform Sale for New Parents

Mon, 14th June 2010

If you would like us to make an announcement on your behalf please email us



Congratulations to all the 'Budding Moonwalkers' who took part in the Dance Competition. We didn't realise that Northwood Prep had so much talent!

NPSPA Website

The PA website is currently being updated so keep an eye out for this. More photos from the Michael Jackson Tribute Concert will be on display on the website.

Ways to Boost your Child's Mind Through Nutrition

Here are some simple yet effective ways to boost your child's brain power:-

Water

The human brain is made up of water molecules; about 80 percent. Dehydration can cause mental performance to deteriorate, which in turn leads to fatigue and irritability. Ensure that your son stays hydrated throughout the day.

Power of Protein

Protein provides amino acids, which are essential for growth and development. Meat, lentils, pulses, beans, dairy, soya (tofu), nuts and seeds are all sources of protein.

Good Fats

Every cell in the body is supported by a thin membrane composed of essential fats. Essential fats - omega 3 and omega 6 found in oily fish, nuts and seeds are important as they improve the quality of cell membrane allowing oxygen and nutrients to enter the cell easily.

Blood Sugar Balance

This is the single most important factor in concentration. The brain receives energy in the form of sugar when carbohydrates are consumed. Wholemeal bread and pasta release sugar into the body slowly, providing a steady release of energy. Adding protein to every meal may also help balance blood sugar, as well as cutting down on sugary drinks and treats.

Sleep

It may seem obvious but is your child getting enough sleep? A school child needs about 10 hours of sleep a night in order to feel rested and be able to concentrate at school.

Bina Dave - Nutritional Therapist
BA Hons, DipION

A Final Thought...

How Many Roads Must A Man Walk Down Until ...
He Admits He's Lost!